



BULLETIN:

Child and Adult Care Food Program

Child & Adult Care Centers,
Emergency Shelters, OSHC, &
Sponsors of Family Day Care Homes
www.education.alaska.gov/tls/cnp

Child Nutrition Programs
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To: CACFP Agencies
CACFP Program Reviewers

Date: December 18, 2017

From: Ann-Marie Martin
CACFP Coordinator

Bulletin: 2018-02

Program changes as a result of USDA Policy Memos and Technical Assistance Memos are to be implemented immediately. Please file this bulletin for reference, guidance, and compliance with the Child and Adult Care Food Program. Feel free to call the Child Nutrition Programs office if you need further clarification.

USDA Policy Memos

1. CACFP 01-2018 Grain Requirements in the CACFP; Questions and Answers
2. CACFP 02-2018 Feeding Infants and Meal Pattern Requirements in the CACFP; Questions and Answers

Bulletin Topics

3. Request for Information: Food Crediting in Child Nutrition Programs
4. Keep the Lights On Afterschool
5. USDA Request – Kid Tested Breakfast and Snack Ideas
6. Alliance for a Healthier Generation resources
7. Alaskan Head Start Traditional Foods Preschool Curriculum
8. Smarter Mealtimes in Childcare
9. Mealtime Memo: Food Safety is Important all Year

1. USDA Policy Memo CACFP 01-2018 Grain Requirements in the CACFP; Questions and Answers

This policy memo outlines information regarding the grain component. There will be more information from USDA in the future to further clarify questions. Here are some highlights:

There are four simple ways to determine if a grain product meets the whole grain-rich criteria. The following checklist can be used to decide if a grain is whole grain-rich. The food must meet at least one of the following:

1. The food is labeled as “whole wheat”.

Grain products that are specifically labeled as “whole wheat bread”, “entire wheat bread”, “whole wheat rolls”, “entire wheat rolls”, “whole wheat buns”, and “entire wheat buns” and are 100 percent whole wheat and meet the whole grain-rich criteria.

2. A whole grain is listed as the first ingredient on the food's ingredient list (or second after water), and the next two grain ingredients are creditable (whole or enriched grains, bran, or germ).
3. The product includes one of the following Food and Drug Administration approved whole-grain health claims on its packaging:

“Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.”

OR

“Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.”

FNS is allowing the FDA whole grain health claims to be sufficient documentation to demonstrate compliance with the whole grain-rich criteria in the CACFP, only. The FDA whole grain health claims are not sufficient documentation to demonstrate a grain is whole grain-rich in the School Meal Programs.
4. Proper documentation (from a manufacturer or a standardized recipe) demonstrates that whole grains are the primary grain ingredient by weight.

The Rule of 3:

When identifying creditable whole grain-rich products, centers and day care homes may use the *rule of three*: make sure the first grain ingredient (or second after water), is whole or enriched, and the next two grain ingredients (if any) are whole grains, enriched grains, bran, or germ. If the product has the statement “contains 2% or less,” any ingredients listed after that are considered insignificant. They do not need to be considered in the *rule of three*. For example, an ingredient list may state “contains less than 2% of wheat flour and corn starch.” In this example, the wheat flour and corn starch can be disregarded.

2. USDA Policy Memo CACFP 02-2018 Feeding Infants and Meal Pattern Requirements in the CACFP; Questions and Answers

The purpose of this memorandum is to provide guidance on feeding infants and the infant meal pattern requirements in the CACFP and make some clarifications. It also includes questions and answers.

3. Request for Information: Food Crediting in Child Nutrition Programs

On Thursday, December 14, 2017, the Food and Nutrition Service (FNS) published a *Request for Information* entitled, [Food Crediting in Child Nutrition Programs](https://www.federalregister.gov/documents/2017/12/14/2017-26979/requests-for-information-food-crediting-in-child-nutrition-programs). The *Request for Information* is now on public display at the Federal Register and may be reviewed by downloading from this link: <https://www.federalregister.gov/documents/2017/12/14/2017-26979/requests-for-information-food-crediting-in-child-nutrition-programs>.

In order to claim Federal reimbursement, Child Nutrition Program operators must serve meals and snacks that meet the minimum meal pattern requirements of the respective Program. Crediting is the process designed by FNS to specify how individual food items contribute to the Child Nutrition Programs' meal patterns. Several factors impact how food products can credit toward reimbursable meals, such as volume, weight, and overall nutrient profile. The purpose of this *Request for Information* is to help FNS gather feedback from a wide variety of stakeholders on how FNS' crediting system can best address today's evolving food and nutrition environment, as well as to offer first-rate customer service to those operating and benefitting from the Child Nutrition Programs.

The *Request for Information* will be available for public comment for 60 days. Electronic comments are preferred and may be submitted at <http://www.regulations.gov> beginning on December 14, 2017. State agencies are encouraged to distribute this information to all Child Nutrition Program Operators and all Child Nutrition Program stakeholders.

In addition, a webinar on this topic will be held Thursday, December 21, 2017, 2:00 pm – 3:00 pm EST

Title: Food Crediting in Child Nutrition Programs - Request for Information

Description: Please join the FNS staff as they discuss the Regulatory Action entitled, Food Crediting System for Child Nutrition Programs: Request for Information

Target Audience: All Audiences. State agencies are encouraged to distribute this information to all Child Nutrition Program Operators and all Child Nutrition Program stakeholders promptly to ensure all have the opportunity to participate.

To Participate: Log on to view the webinar on December 21 at 11:00 AM PST/2:00 PM EST at <https://cc.readytalk.com/r/lji75y0vcbhx&eom>. Streaming audio will be available through your computer. If you are unable to use streaming through your computer, you can call in to listen to audio via your phone at the toll number 303-248-0285, Access Code: 6054013.

4. Keep the Lights on Afterschool

The Office of Child Care (OCC) is a proud partner in Lights On Afterschool because we know that afterschool programming is essential to keeping children safe and engaged in their schools and communities. We also know how important it is to working parents that their children have a safe place to go after the school day has ended.

At OCC, we work with states, territories, and tribes to support low-income working families by providing access to child care programs. Almost half of all children supported through our Child Care and Development Fund (CCDF) program are of school age (5 through 12 years old). This funding provides children with access to the kinds of activities that will spark their interest and support their success in school. OCC recognizes the important role that afterschool clubs, sports, and other activities play in connecting children with each other and their communities.

Our technical assistance team at the National Center on Afterschool and Summer Enrichment (NCASE) works with our CCDF administrators and other partners in the field to improve practices and to support strong afterschool and summer care systems. NCASE has created a Resource Library housing a collection of research and information on out-of-school-time programs. The library includes the following:

- [*Promising Practices for Out-of-School-Time Licensing and License-Exempt Systems*](#)—Recently released by NCASE, this resource shares emerging strategies, professional development requirements, and promising practices for monitoring. It includes examples from Minnesota and New Hampshire and is available in both English and Spanish.
- [*How Quality Afterschool Programs Help Motivate and Engage More Young People in Learning, Schooling, and Life*](#)—This brief published by Collaborative Communications describes research-based strategies for recruiting and retaining youths in out-of-school-time programs.

· [*America After 3pm: Afterschool Programs in Demand*](#)—One of many reports from the Afterschool Alliance, this publication shares data on the number of children served in and the demand for afterschool programs.

We're proud to join the Afterschool Alliance as they shine a light on the value of afterschool programs, and we know this work goes on all year round. Yesterday, we met with our partners at the Afterschool Alliance and YMCA of the USA, and we talked about the challenges and opportunities in providing afterschool and summer care. We're very grateful to all of you for the work you do for our school-age children and their families.

To show your support, take the lightbulb pose, snap a photo, and post it on social media, tagging it #LightsOnAfterschool. Let everyone know that you're joining OCC and our school-age care partners in keeping the lights on afterschool today and every day.

—Shannon Christian, Tricia Haley, and OCC staff members



OCC joins our partners from the Afterschool Alliance and YMCA of the USA in keeping the #LightsOnAfterschool (Photo credit: Andrew Williams).

Office of Child Care
Administration for Children and Families
U.S. Department of Health and Human Services

5. USDA Request: Kid Tested Breakfast and Snack Ideas

USDA is requesting kid tested breakfast and snack ideas that illustrate the new CACFP meal pattern. Please submit recipes that include fruits and vegetables, meat or meat alternates as substitutions for grains at breakfast, and/or tasty alternatives to grain-based desserts. Ideally they would like recipes that have 5 major ingredients or less and take less than 30 minutes to cook. Submit recipes by December 31, 2017 through the CACFP Round Table link:

http://ccfpconference.weebly.com/cacfp-insider-blog/usda-request?utm_source=Clean+list+without+Lisa+Mack&utm_campaign=78979c6cb9-EMAIL_CAMPAIGN_2017_12_07&utm_medium=email&utm_term=0_58034d34d3-78979c6cb9-128537737

6. Alliance for a Healthier Generation resources

Alliance for a Healthier Generation was founded by the American Heart Association and the Clinton Foundation as a response to the growing rate of childhood obesity. It started with focus on schools and has broadened to include Healthy Out-of-School Time. The website includes some good resources for CACFP providers and centers.

Food planner calculator: <https://foodplanner.healthiergeneration.org/cacfp-calculator/>

You can use the product calculator to check on sugar requirements for yogurt and cereal. Documentation for meal compliance is required so this can be used as a tool. When you enter information about the product it gives you an option to print off and keep on file. When you are reviewed you can show this as well as the package nutrition label.

Healthy Out-of-School Time: https://www.healthiergeneration.org/take_action/out-of-school_time/

This page has resources for healthy eating that include snacks and beverages, nutrition education and healthy role models.

7. Alaskan Head Start Traditional Foods Preschool Curriculum

The Aleutian Pribilof Island Association created a wonderful resource for Native Alaskan programs. Other agencies may want to look at this resource as well and incorporate some of the information in your programs. The website (listed below) also has posters and a glossary of traditional words related to food that are translated to/from English and Unangam Tunuu ((Eastern and Western dialects) both written and verbal.

<https://www.apiai.org/services/education/head-start/qaqamiigux-head-start-traditional-foods-preschool-curriculum/>

8. Smarter Mealtimes in Child Care – <https://www.smarterlunchrooms.org/smarter-mealtimes>

Smarter Mealtimes is an adaptation of the Smarter Lunchrooms Movement for child care environments. The Smarter Lunchrooms National Office (focuses on the NSLP), partnered with the National CACFP Sponsors Association and came up with 20 simple, inexpensive strategies to promote healthy eating in half-or full-day programs that serve young children. These strategies are designed for childcare centers, Head Start programs and family day care settings. You'll find downloadable PDF posters and resources to enhance your mealtime environment.

9. Mealtime Memo – Food Safety is Important All Year

This Mealtime Memo focuses on food safety and includes a list of minimum cooking temperatures that can be printed for posting in the kitchen. You can find the Mealtime Memo at the CACFP Bulletins page: <http://education.alaska.gov/tls/cnp/CACFP4.html>.

Contact Information

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Commonly Used Acronyms

CACFP – Child and Adult Care Food Program
CNP – Child Nutrition Programs

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FNS – Food & Nutrition Services
FNSRO-Food & Nut Services Reg. Office
USDA – U.S. Department of Agriculture
LEA – Local Education Authority
DEC – Department of Conservation

All attachments for this bulletin can be found on the State of Alaska Child Nutrition Programs, CACFP Bulletins page: <http://education.alaska.gov/tls/cnp/CACFP4.html>.

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To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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